

CLAIMS

What is claimed is:

- 1 1. A portable electronic device wherein the portable electronic device is configured
2 to provide an audible signal at a repeated frequency selectable by a user wherein
3 the repeated frequency corresponds to an interval between two tenths of a second
4 to ten minutes and wherein the electronic device comprises:
5 a. a timing unit contained within a waterproof housing, wherein the timing
6 unit comprises:
7 i. a plurality of buttons configured to allow the user to select a single
8 frequency as the repeated frequency;
9 ii. a display configured to display a numerical representation of the
10 repeated frequency selected by the user;
11 iii. a power source; and
12 b. a detachable clip member configured to detachably couple to the timing
13 unit.

- 1 2. The portable electronic device of claim 1, wherein the detachable clip member is
2 further configured to detachably couple to goggles.

- 1 3. The portable electronic device of claim 1, wherein the plurality of buttons are
2 further configured to turn the portable electronic device of claim 1 on and off and
3 to increase or decrease the single frequency selected by the user.

- 1 4. The portable electronic device of claim 1, wherein the timing unit is waterproof
2 and is formed from a high impact plastic.

- 1 5. A electronic pacing device comprising:
2 a. a housing, wherein the housing comprises:
3 i. a programmable timing circuit configured to allow a user to select
4 a single pacing frequency through a plurality of buttons;

- 5 ii. means for providing an audible signal corresponding the pacing
6 frequency; and
7 b. a clip member configured to detachably couple to the housing.

1 6. The electronic pacing device of claim 5, wherein the housing is waterproof and is
2 formed from a high impact plastic.

1 7. The electronic pacing device of claim 5, wherein the clip member is further
2 configured to detachably couple to swim goggles, to a user, to sunglasses, to an
3 arm band, to exercise equipment, or to other articles of clothing.

1 8. The electronic pacing device of claim 5, wherein the programmable timing circuit
2 is further configured to allow the user to select a duration of time for which the
3 audible signal is to be provided.

1 9. The electronic pacing device of claim 5, wherein the pacing frequency is an
2 interval between two tenths of a second and ten minutes.

1 10. The electronic pacing device of claim 5, wherein the programmable timing circuit
2 is further configured to store preferred settings inputted by the user.

1 11. An electronic tempo device comprising:

- 2 a. a detachable clip member; and
3 b. a housing, wherein the housing comprises:
4 i. a programmable timer configured to be programmed with a single
5 set frequency interval;
6 ii. means for providing a repeated audible cue at the set frequency
7 interval;
8 iii. a display configured to display a numerical representation of the set
9 frequency interval;
10 iv. a power source configured to provide power to the means for
11 providing a repeated audible cue and the programmable timer; and

12 v. means for inputting controls to the device, wherein the means for
13 inputting controls to the device is configured to turn the device on
14 and off and program the set frequency interval.

1 12. The electronic tempo device of claim 11, wherein the timer further comprises a
2 storage means configured to record, receive, and store use data and output a user
3 outcome.

1 13. The electronic tempo device of claim 11, further comprising a processor chip with
2 firmware.

1 14. The electronic tempo device of claim 13, wherein the processor chip with
2 firmware is configured to convert cycle rates to cycles per a unit time.

1 15. The electronic tempo device of claim 11, wherein the clip member is configured
2 to detachably couple to the housing.

1 16. The electronic tempo device of claim 15, wherein the clip member is further
2 configured to detachably couple to swim goggles, to a user, to sunglasses, to an
3 arm band, to exercise equipment, or to other articles of clothing utilized while
 exercising.

1 17. The electronic tempo device of claim 11, wherein the housing is waterproof and is
2 formed from a high impact plastic.